

Name of Course: Aerobics II
Course Name & Number: KINE 2101
Section Number & Synonym:
Course Time & Location:

Instructor Name:

Office:

Phone:

Email:

Office Hours/Appointments:

Course Description: A well structured course in which the student will achieve coordination and strength through a cardiovascular workout. This achievement will come from combining high and low impact movement performed at a level suitable to the individual. The course includes an easy understanding of anatomy and physiology as well as nutrition and diet control. (ACC Catalog/prerequisites: KINE 1101 or equivalent.)

Text/Materials: See instructor's syllabus.

Appropriate attire will be discussed the first day of class as well as required materials for class.

Instructional Methodology (Lecture/lab): This class is an activity and participation course; the specific task/exercise(s) for students to complete will be demonstrated. Students will then complete the task/exercise(s) to the best of their ability. Each class will consist of a warm-up, an aerobic workout, conditioning exercises and a cool-down. There will be handouts throughout the semester with additional information.

Course Rationale: The purpose of this course is to learn the specific skills and/or the techniques of aerobics. By actively participating in an aerobics class, the student may gain health benefits such as increased cardiovascular endurance, improved body composition, increased flexibility, increased muscular endurance and increased muscular strength. Participating in activity classes leads to a healthier lifestyle.

Student Learning Outcomes:

- Students will demonstrate their understanding of the five components of fitness, the importance of nutrition, and the techniques of being fit.
- Students will build on the skills learned in KINE I (Cardiovascular Fitness).
- Students will design their own life program that includes cardiovascular fitness & nutrition.

Departmental Objectives:

1. To learn the rules, fundamentals, skills and strategies of aerobics. Students will build upon the skills learned in aerobics I and expand on these skills to design a nutritional and fitness program that works for their lifestyle.
2. To learn the benefits of good nutrition.
3. To learn how to correctly execute required skills and techniques as well as to use the equipment/facilities safely.
4. To understand how Kinesiology relates to a healthy individual lifestyle.

Grades:**A= 90-100%****B= 80-89%****C=70-79%****D=60-69%****F=0-59%**

Grades are based upon attendance, participation and tests. If you have any questions concerning grading, please ask your instructor. The specific grading requirements for this course are as follows:

See instructor's syllabus.

Course Policies:

1. **ALL** students will complete health info form prior to participating in class. Those students who require modification of any specific activity or exercise need to inform the instructor as soon as possible.
2. Cell phones, food, gum, and soft drinks are not allowed in classrooms/workout areas.
3. No children are allowed in the gym.
4. Proper workout shoes and clothing are required. Aerobic shoes or cross-training shoes are highly recommended. Please wear clothing that allows free movement such as leotards, shorts, t-shirts and sports pants.
5. Sweatbands are suggested as well as long hair either tied back or pulled back.

Course Outline/Calendar: See instructor's syllabus.

College Policies:

<http://www.austincc.edu/offices/academic-outcomes-assessment/master-syllabi/college-policies>

Attendance: All students are expected to attend classes. Non-attendance will have an impact on the student's grade. The specific attendance policy for this particular class is as follows: Each absence is worth ___ points. Please see me about missed or late course work. If you have a medical or other reason for missing class or leaving early, please let me know prior to class time. Leaving the class early will cost ___ points. Regular and punctual class and laboratory attendance is expected of all students. If attendance or compliance with other course policies is unsatisfactory, the instructor may withdraw students.

Withdrawal: Students are responsible for withdrawing themselves from class if they are unable to complete the semester. *Withdrawal may affect financial aid status, veterans' benefits, international student status, and/or academic standing and students are advised to consult with their instructor and/or a counselor prior to withdrawal.* Instructors have the right to withdraw students for excessive absences, failure to progress, and other reasons as appropriate.

The last day to withdraw is _____

State law permits students to withdraw from no more than six courses during their entire undergraduate career at Texas public colleges or universities. With certain exceptions, all course withdrawals automatically count towards this limit. Details regarding this policy can be found in the ACC college catalog

Incomplete: Students are expected to complete the course within the session time frame. A grade of incomplete will only be given in very special circumstances. If you fail to complete the requirements of the incomplete grade agreement by the due date, you will receive a grade of "F".

Scholastic Honesty: A student attending ACC assumes responsibility for conduct compatible with the mission of the college as an educational institution. Students have the responsibility to submit coursework that is the result of their own thought, research, or self-expression. Students must follow all instructions given by faculty or designated college representatives when taking examinations, placement assessments, tests, quizzes, and evaluations. Actions constituting scholastic dishonesty include, but are not limited to, plagiarism, cheating, fabrication, collusion, and falsifying documents. Penalties for scholastic dishonesty will depend upon the nature of the violation and may range from lowering a grade on one assignment to an "F" in the course and/or expulsion from the college. See the Student Standards of Conduct and Disciplinary Process and other policies at <http://www.austincc.edu/current/needtoknow>

Student Rights & Responsibilities: : Students at the college have the rights accorded by the U.S. Constitution to freedom of speech, peaceful assembly, petition, and association. These rights carry with them the responsibility to accord the same rights to others in the college community and not to interfere with or disrupt the educational process. Opportunity for students to examine and question pertinent data and assumptions of a given discipline, guided by the evidence of scholarly research, is appropriate in a learning environment. This concept is accompanied by an equally

demanding concept of responsibility on the part of the student. As willing partners in learning, students must comply with college rules and procedures.

Safety Statement: ACC is committed to providing a safe and healthy environment for study and work. Students are expected to learn and comply with ACC environmental, health and safety procedures and to agree to follow ACC safety policies. Additional information on these can be found at <http://www.austincc.edu/ehs>. Because some health and safety circumstances are beyond our control, we ask that you become familiar with the Emergency Procedures poster and Campus Safety Plan map in each classroom. Additional information about emergency procedures and how to sign up for ACC Emergency Alerts to be notified in the event of a serious emergency can be found at <http://www.austincc.edu/emergency/>. Please note that students are expected to conduct themselves professionally, with respect and courtesy to all. Anyone who thoughtlessly or intentionally jeopardizes the health or safety of another individual will be dismissed from the day's class activity, may be withdrawn from the class, and/or barred from attending future activities.

Statement on Students with Disabilities: Each ACC campus offers support services for students with documented disabilities. Students with disabilities who need classroom, academic or other accommodations must request them through the Student Accessibility Office (SAS). Students who have received approval for accommodations for this course must provide the instructor with the "Notice of Approved Accommodations" at the beginning of the semester to allow for a reasonable amount of time to prepare and arrange for the accommodations. Arrangements for academic accommodations can only be made after the instructor receives the 'Notice of Approved Accommodations' from the student. Additional information about the SAS office is available at <http://www.austincc.edu/support-and-services/services-for-students/student-accessibility-services-and-assistive-technology>.

Student and Instructional Services: ACC strives to provide exemplary support to its students and offers a broad variety of opportunities and services. Information on these services and support systems is available at: <http://www.austincc.edu/s4/>. Links to many student services and other information can be found at: <http://www.austincc.edu/current/>. ACC Learning Labs provide free tutoring services to all ACC students currently enrolled the course to be tutored. The tutor schedule for each Learning Lab may be found at: <http://www.austincc.edu/tutor/students/tutoring/php>.

For help setting up or accessing your ACCeID, ACCmail account, or ACC Blackboard, see a Learning Lab Technician at any ACC Learning Lab.

Student Rights and Responsibilities: Each student is strongly encouraged to participate in class. In any classroom situation that includes discussion and critical thinking, there are bound to be many differing viewpoints. These differences enhance the learning experience and create an atmosphere where students and instructors alike will be encouraged to think and learn. On sensitive and volatile topics, students may sometimes disagree not only with each other but also with the instructor. It is expected that faculty and students will respect the views of others when expressed in classroom discussions.

Testing Center: Use of the Testing Center for our discipline is only allowed for make-up tests and retests. Students needing to use the Testing Center for these purposes (with instructor approval) can find Testing Center policies and information at the following web site: <http://www2.austincc.edu/testctr/>. You will need to show your Student ID and have relevant course information in order to use the center.

Upon completion of the **Associate of Applied Science Degree in Kinesiology or Health**, the student will be able to:

1. Describe the principles and parameters of kinesiology and physical fitness
2. Apply effective coaching and teaching strategies for kinesiology
3. Explain lifetime fitness promotion
4. Perform first aid and safety skills